



**Walk-Ins Welcome**  
**or to Place Your Order in Advance:**  
**Call x 7370 or Text 757-206-3212 (No voicemails please)**  
*Place your order a minimum of 10 minutes ahead  
of your scheduled pick-up.*

**Breakfast Menu for the Week of Oct. 5 - 9, 2020 7:30 – 10:00 a.m.**

**Daily Breakfast Specials**

**Hash Brown Plate \$5.50**  
with two eggs your way  
and a choice of meat

**Bacon Biscuit \$3.25**

**Sausage Biscuit \$2.75**

**Egg Biscuit \$3.00**

**Breakfast Combo \$5.00 includes:**  
Choice of one item: Two Eggs your way OR  
Sausage biscuit OR Bacon biscuit OR Egg biscuit,  
with your choice of a cup of  
coffee or a bottled water

**2 Eggs, 2 Bacon with your choice of a cup of  
Coffee or a bottled water \$6.50**

**À la Carte Breakfast**

2 Eggs your way \$3.00  
2 Sausage patties \$3.00  
Bagel and Cream Cheese \$2.25

2 Strips of bacon \$2.50  
2 Slices of French Toast \$5.00  
Fruit Cup \$2.25

**Daily Breakfast Sandwiches**

**MOMO's Breakfast Sandwich: \$6.50**  
Includes 2 Eggs  
Choose your bread: bagel, wrap, biscuit,  
croissant or toast

Choose your meat: ham, sausage, turkey sausage, or bacon  
Choose your cheese: provolone, swiss, or cheddar

**ADD ONS:** Spinach or tomatoes \$.25 / Grilled peppers & onions \$1.00

**Monte Cristo Breakfast Sandwich: \$7.50**  
with 2 eggs, bacon OR ham, cheddar, swiss,  
on French toast and a side of raspberry jam

**Beverages and Snacks**

Coffee/Iced tea \$2.25  
Cup of ice \$.50  
Bottled sodas/teas \$2.25  
Monster \$2.50  
Bottled juice \$2.75  
Bottled water \$2.00  
Canned Sparkling Water \$2.00

NEW! Peanut Butter and Chocolate Protein  
Bar (vegetarian) \$2.00  
Lemon bar, peanut butter bar, brownie \$2.75  
Coffee Cake \$3.50  
Greek Yogurt \$2.25  
Granola bars \$1.50  
Chips \$1.75

**Grab & Go**

**Hummus and Veggies \$5.00**  
(a scoop of hummus with tomatoes,  
cucumbers, peppers and broccoli)

**Ice Cream Novelties:**  
Häagen-Dazs \$2.25  
FatBoy Ice Cream Sandwich \$1.75  
Kit-Kat drumstick \$1.75

**Cookie Packs \$2.25**  
(chocolate chip cream, oatmeal cream,  
peanut butter chocolate cream)

MOMO's Brazilian Coffee Blend \$10.00 bag  
Homemade Basil Vinaigrette Dressing \$8.00  
Homemade Sweet Onion Dressing \$8.00

PRICES INCLUDE 13.5% Tax

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**Lunch Menu for the Week of Oct. 5 - 9, 2020 11:30 a.m. – 1:30 p.m.**

**Entrees: \$10.00**

- **Butternut squash bisque with a grilled ham, brie and Dijon mustard sandwich on wheat with Brussel sprouts**
- **Fried flounder plate with corn cakes and Cole slaw with a side of tartar sauce**

**Half and Half: Choose 2 for \$9.00**

Half a sandwich (any weekly sandwich),  
Half an entrée salad OR Cup of soup

**Flat Bread Pizza: \$7.00**

- **Veggie** (sauce, cheese, tomatoes, peppers, onions, mushrooms, olives)
- **Greek** (sauce, feta, parmesan, tomatoes, cucumbers, onions, olives and chicken)
- **Meatlovers** (Bacon, pepperoni, sausage and ham)

**Entrée Salad: Small \$8.00 ~ Large \$12.00**

- **Chopped Salad** with field greens, chicken, feta, black beans, scallions, mushrooms, peppers, cucumbers, tomatoes, avocado and choice of dressing
- **Caprese Salad** with spinach, chicken, avocado, fresh mozzarella, tomatoes, pesto and balsamic glaze
- **Field Green Salad** with strawberries, blueberries, almonds, feta, raisins, and chicken salad

**Create your Own Salad \$6.00**

Spinach, field greens, romaine, carrots, cucumbers, peppers, onions, scallions, blueberries, raisins, tomatoes, spicy almonds, strawberries, mushrooms, feta, parmesan, shredded cheddar, black beans, avocado, broccoli, olives and crackers

- **Add a protein: \$2.50 per protein**  
Chicken, turkey, ham, chicken salad

**Salad Plate: \$9.00**

Choose two: Pasta salad, Cole slaw, Dual potato salad, herb roasted potato salad, side salad OR fresh fruit

Choose one: sliced chicken, ham salad, turkey OR chicken salad

**Weekly Sandwiches served with a choice of a side and pickle**

(Sides: pasta salad, dual potato salad, fresh fruit, side salad or chips)

- **Turkey Reuben** on rye with 1,000 Island, sauerkraut and Swiss cheese \$10.50 (\$8.75 sandwich only)
- **Roast beef hoagie melt** with spicy brown mustard, Swiss cheese and pickles onions \$10.50 (\$8.75 sandwich only)
- **Ham, brie, and apple sandwich on wheat** with cranberry chutney \$10.50 (\$8.75 sandwich only)
- **Chicken salad wrap** with spinach and tomatoes \$10.25 combo (\$8.50 sandwich only)
- **Turkey on wheatberry bread** with cranberry mayo, brie, lettuce and tomato \$10.50 combo (\$8.75 sandwich only)
- **Veggie wrap** – hummus, lettuce, tomato, black beans, roasted peppers and onions, mushrooms, cucumber \$9.75 combo (\$8.00 sandwich only)
- **Chicken, bacon and ranch wrap** \$10.25 combo (\$8.50 sandwich only)

**Chicken Soup**  
SM \$5.00 /  
LG \$7.00

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**Monday – Friday by 10:00am for same day pickup**

# **Family Take Home Dinner**

## **\$30.00**

**for the week of October 5, 2020**

**(feeds four to six people)**

**(choose one of the following meal options)**

**Meatballs in marinara with spaghetti,  
garlic bread and caesar salad**

**OR**

**Fish cakes (8) with tomato jam,  
rice and broccoli slaw**

- No Substitutions.
- Payment due when placing the order.
- For those working on-site, pick-up is available in the Quark Café no later than 1:45 p.m. on your designated pick-up day.
- Food will be cold at pick-up and labeled with heating instructions.
- Refrigeration required after pick-up.

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